

CHAPTER 4 PRAYER SERVICE

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Leader: The Jesus Prayer, also known as “Prayer of the Heart,” goes back to the fifth century. A faith-filled prayer, it invokes the power of the name of Jesus and begs for his mercy. Emphasizing the humility of the one praying, the Jesus Prayer should be recited repeatedly as a form of meditation.

This simple prayer goes like this: Lord Jesus Christ, Son of God, have mercy on me, a sinner.

All: Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Leader: Many Eastern Catholics pray the Jesus Prayer throughout the day to fulfill St. Paul’s instruction to “pray without ceasing” (1 Thes 5:17). One way to do this is by linking each phrase of the prayer to a breath.

Breathe in as you pray, “Lord Jesus Christ.”

Breathe out as you pray, “Son of God.”

Breathe in as you pray, “have mercy on me.”

Breathe out as you pray, “a sinner.”

Let’s try it together.

Practice linking your breath to the Jesus prayer several times.

Reader: Let us pray. Lord Jesus Christ, we know that you love us.

All: Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Reader: We are gathered in your name. Be with us now.

All: Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Reader: You are goodness, truth, and beauty.

All: Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Reader: Help us to see you in all that is good, true, and beautiful in our lives.

All: Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Reader: You call us to spread the good news of your love and mercy and salvation.

All: Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Reader: Help us to answer that call boldly and bravely.

All: Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Reader: Forgive us when we choose what is wrong or fail to do what is right.

All: Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Reader: And remain with us all the days of our lives.

All: Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Leader: Let us pray. Our Father, who art in heaven...

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.